



The Springfield ★ Star

A publication of the Springfield Department of Elder Affairs

February 2009

Janet Rodriguez Denney
*Director, Springfield
Department of Elder Affairs*

The Good Life Center
1600 E. Columbus Ave
Springfield, MA 01103
Telephone: 787-6785
Fax: 750-2694

Council on Aging
787-6785

Golden Age Club
787-6486

**Senior AIDES
Employment Program**
787-6126

S.H.I.N.E.
750-2893

Senior NET
750-2090

Outreach Program
750-2896



Senior Centers gather to watch and celebrate the presidential inauguration.
Top: Mason Square Senior Center. Bottom: Riverview Senior Center.

Program Sites

Hungry Hill Center
494 Armory St, 01101
Lower Level
733-9411

Mayflower Center
1516 Sumner Ave, 01118
782-4536

Mason Square Center
439 Union St @ Emerson Hall
733-3917

Pine Point Center
335 Berkshire Avenue, 01109
732-1072

Riverview Center
120 Clyde Street, 01107
787-5220

**Greenleaf Community
Center**
1188 Parker Street, 01129
750-2873

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**To submit an article, idea, or question
please mail your submission to:**

Dept. of Elder Affairs/Newsletter Team
1600 E. Columbus Avenue
Springfield, MA 01103

Department of Elder
Affairs
Mission Statement

The Department of Elder
Affairs is dedicated to
enhancing the quality of life for
citizens in the City of
Springfield.

NEWSLETTER COMMITTEE

*Eliana Franklin
Adult Outreach Liaison
Department of Elder Affairs,
1600 E. Columbus Ave, 413-886-5104*

*Kerri Jahn
Greenleaf Senior Center Director
1187 1/2 Parker Street, 413-750-2873*

*Meghan Lynn Allen
Employment Specialist,
Senior AIDE Employment Program
Department of Elder Affairs
1600 E. Columbus Ave, 413-787-6861*

*Prettlo Heartley, Jr.
Staff Photographer
Transportation Program
Department of Elder Affairs
1600 E. Columbus Ave, 413-787-5013*

Director's Corner



**Janet Rodriguez Denney,
Director of Elder Affairs
City of Springfield, Mass.**

It's still winter! At the Department of Elder Affairs, we hope you are staying warm and happy, even though the snow keeps falling.

In the last few newsletters, we highlighted programs that aid seniors with food and fuel costs. Do you still need more information? Call your nearest senior center or the outreach program. The telephone numbers are listed on the front cover of every newsletter.

Spring is around the corner!

Janet Rodriguez Denney

Community Bulletin Board

Need a Job?

Part-Time Training and
Employment Available Now!
Call 413-787-6861/6126

You must be 55 years or older, unemployed, and meet income eligibility guidelines. This program is operated under a USDOL grant and in cooperation with Senior Service America Inc.

Training participants are paid minimum wage while they gain marketable job skills working part-time in non-profit and public organizations, including senior centers, schools, and libraries. The program provides a win-win for participants and their communities: Participants help community organizations extend their reach and capabilities, while developing their own job skills, self-confidence, and a restored sense of self-worth.

Need Tax Preparation Help?

AARP will once again be preparing **FREE** tax returns starting **the week of February 2, 2009. thru April 9th, 2009.** Please bring a copy of last year's tax return, also a copy of your real estate taxes and water/sewer charges paid in 2008 if you qualify for the Massachusetts "circuit Breaker" Tax Credit & heating fuel receipts for Jan, Feb and Mar of 2008 for possible state tax deduction.

See Center Schedules to locate a site near you or call:

**Good Life Center - 1600 East Columbus Ave
Call 787-6785**

ACADEMY AWARDS MOVIE PARTY WITH SY BECKER !

Wednesday, February 18, 6 pm

So, no red carpet, but no tux or gown required either! Join veteran WWLP Channel 22 television newscaster and movie critic Sy Becker, along with Forest Park Library Branch Manager Reggie Wilson as we celebrate the upcoming Academy Awards with our own party! On Wednesday, February 18, at 6 p.m. Mr. Becker will give his "fearless" predictions as to what movies, actors and actresses, and director will win the coveted Oscar. In addition he'll talk about how he got interested in reviewing movies, and will answer audience questions. We'll also have a movie trivia contest for prizes! Our Academy Awards movie party will be held at the Forest Park Branch Library, 380 Belmont Avenue, Springfield.



Camping and Outdoor Show

Dates: February 13, 2009 to February 16, 2009
Details: Recreational vehicles, camping equipment and supplies at the Eastern States Exposition located in West Springfield, MA. For more information call **413-737-2443**.

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FEBRUARY MUSEUMS À LA CARTE PROGRAMS

The Springfield Museums at the Quadrangle will present the following Museums à la Carte programs in February. The programs are held on Thursdays at 12:15 p.m. in the Michele and Donald D'Amour Museum of Fine Arts.

Feb. 5 - *High Crimes: The Fate of Everest in an Age of Greed*; Michael Kodas, author and photojournalist.

Feb. 12 - *A Tribute to Roger Williams: Springfield's Original Activist*, Annalise Fonza, doctoral fellow, J.J. Wright Institute, Claflin University.

Feb. 19 - No program today – School Vacation Week

Feb. 26 - *Quiet of Night: Photography by the Light of the Moon*; Mike Maloni, photographer.

Admission to Museums à la Carte is \$4 (\$2 for members of the Springfield Museums). The programs are sponsored by Big Y World Class Market. Visitors are invited to bring lunch to enjoy during the program; cookies and coffee are provided.

**Multicultural Celebration**

On February 26, 2009 the Springfield Department of Elder Affairs will be sponsoring a
“GRAND MULTICULTURAL CELEBRATION”.

This celebration will be held at the Good Life Center 1600 East Columbus Avenue, Springfield, and will begin at 11:00a.m. Refreshments will be served.

We invite everyone to come, wear special attire/outfits that culturally express your heritage!



The SHINE office is located at the Good Life Center.

1600 E. Columbus Ave Springfield, MA 01103

Open Monday-Friday 9 am-3 pm 413-750-2893

SHINE Saves for Springfield Residents

We may be out of the General Open Enrollment period, but that doesn't mean SHINE can't still help you. If you are struggling with health care costs, need help appealing a billing error, or are simply overwhelmed with figuring out what kind of coverage you have, we're here to help. Set up an appointment to meet with a SHINE counselor today and take control of your health insurance!

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City of Springfield

DEPARTMENT OF ELDER AFFAIRS

Good Life Center 1600 East Columbus Ave, Springfield, Ma

Request the honor of your presence at our

Heart and Soul Affair

A CELEBRATION OF DIVERSITY & HEALTHY HEARTS

WED. FEBRUARY 25, 2009

11:00 AM – 1:00 PM

Show your support

Wear Red

PLEASE RSVP-787-6486 BY 2/18/09

Springfield Golden Age
BIG BINGO'S

TRI TOWERS

Super Bingo

18 Saab Court

Tues, February 24th, 2009

12:00 pm - \$8.00 cover

**Includes lunch and a free
card**

GOLDEN AGE CLUB

BIG BINGO

**@ Greenleaf Community
Center**

1187 Parker Street

Fri, March 20th, 2009

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- ♦ In Japan, the number four is considered to be unlucky because the Japanese word for four sounds very similar to the word death.
- ♦ There is a large brass statue of Winnie-the-Pooh in Lima, Peru.
- ♦ Being unmarried can shorten a man's life by ten years.
- ♦ The most overdue book in the world was borrowed from Sidney Sussex College in Cambridge, England and was returned 288 years later.
- ♦ The average day is actually 23 hours, 56 minutes and 4.09 seconds. We have a leap year every four years to make up for this shortfall.
- ♦ In New York City, approximately 1,600 people are bitten by other humans annually.
- ♦ If you fly once around the surface of the moon, it would be equal a round trip from New York to London.

"Strange But True"



February is... American Heart Month

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February "American Heart Month."

Check out the activities happening at your local senior centers revolving around heart health!

~ Senior of the Month ~



Juan Rosario-Rodriguez was a member and volunteer at the River-view Senior Center until becoming part of the Senior AIDES Employment Program. The program is a federally funded job program for mature workers, which pays him for his part-time efforts while he seeks a permanent job off the program.

Juan enjoys the companionship of his co-workers and senior center participants and enjoys working with Kerry Welch, the Fitness Director. Juan is responsible for keeping the center clean and sanitary for everyone who passes through its doors. He considers the center to be his second home and it please to be part of the active senior community in the

Play Sudoku!

1. Fill the grid so that the numbers 1 through 9 appear in each row.
2. Fill the grid so that the numbers 1 through 9 appear in each column.
3. Fill the grid so that the numbers 1 through 9 appear in each 3x3 box.
4. A complete Sudoku puzzle contains the numbers 1 through 9 in every row, column, and 3x3 box.

	8		3			5		
5	1						3	
			8	5		4		
					9		2	3
		8				7		
3	4		7					
		2		9	7			
	3						6	1
		6			1		5	

People and Places



Seniors gather to celebrate inauguration day. Top left: _____. Top right: Mayflower Senior Center. Bottom Left: Riverview Senior Center.



SENIOR OUTREACH HELP LINE

Alex Martin— Monday-Friday 9:00 – 2:00 p.m.

413 782-4536

- Assisted Living Information
- Caregiver Support
- Companion Care
- Dental Assistance
- Employment Assistance
- Eyeglasses Assistance
- Food Assistance
- Fuel Assistance
- Grandparents as parents
- Hearing Assistance
- Housing
- Medical Equipment
- Medication Assistance
- Respite Care

Mayflower Center

Director: Alex Martin

Open Mon-Fri 9:00 am-2:00 pm - 1516 Sumner Ave. 782-4536

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00—9:45 Easy Does It Exercise	8:45 - 9:45 Tai Chi	9:00—9:45 Easy Does It Exercise <i>Health & Wellness</i>	10:00—11:30 am Beginning Line Dancing Club	8:45 - 9:45 Tai Chi
10-12:00 Line Dancing	10 am - 11:30 am Art Class <i>Painting on Fabric</i>	Drop in - 12:30 - 1:30 The Boomers Connection	<i>Drop in pick up your packet for emergency Preparedness</i>	10:00 - 12:00 Blood Pressure & Screening
1-2:00 Healthy Living	1:00 - 2:00 pm Home Improvement		1:00—2:00pm Cyber Café' With Latte	10:30 am Chair Tai Chi No fee Charged
1:00 - 2:00 Begin- ning Spanish				Drop in 12—1:30pm
<i>Brown Bag ~Call Center NOW to find out February's date and to register!</i>				

Riverview Center

Open Mon-Fri 9:00 am-4:00 pm

122Clyde St., 787-5220

Director: Mary Rives

Hot Lunch Served Daily at 11:15. Pre-Registration Required

Lunch Cost \$1.75 Suggested Donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Walks, Dancing & Stretching	12-1:30 Arts & Crafts	9:00 Foot Care, Glucose & Blood Pres- sure Clinic	12:30 Bingo & Dominoes	12-1:30 Arts & Crafts
12:30 English Classes	12:30 Bingo & Dominoes	9:30 Fitness Walk & Strength Class	12:30 English Classes	12:30 Bingo & Dominoes
12:30 Bingo & Dominoes		12:30 Bingo & Dominoes		

♦ ***Lunches provided through Greater Springfield Senior Services***

Greenleaf

Director: Kerri Boland-Jahn

Open Mon-Fri 9:00 am-3:00 pm - 1187 1/2 Parker Street, 750-2873

Hot Lunch Served Mondays from 12:00-1:00 \$1.75 Suggested Donation. Reservations needed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee Hour & Walking Club 11:00 1st Mon. Blood pressure clinic 12:00 GSSSI lunch reservations needed 9:00a.m Jewelry Making Class 3rd Monday	9:00 Coffee Hour & Walking Club 9:00-12:00 SHINE By appointment 1:00p.m. Line Dancing	8:30 1st Wednesday of the month Foot Care (by appointment only) 9:00 Coffee Hour & Walking Club 2:15 - 3:15 Tai Chi Only \$5.00 a class.	9:00 Coffee Hour & Walking Club 12:00 Play Pitch Every Thursday \$2.00 (high score & door prizes)	9:00 Coffee Hour & Walking Club 1:30 Strength & Walk 10:00—2:00 Hearing Clinic (by appointment)

FREE AARP Tax Preparation Beginning Wed. February 4th through April 8th 2009 by appointment. Call **NOW** to schedule your appointment.

Call for Jewelry class schedule for the new year!

Hungry Hill

Director: Mary Troy

Open Mon-Fri 9:00 am-3:00 pm - 494 Armory St., 733-9411

All activities take place at the Hungry Hill Center located in the lower level of Our Lady of Hope Church

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 Light Aerobics 1:00 Chair Exercise	10:00 Craft 12:00 Pokeno Feb 10th Feb. 24th Luncheon 12:00	10:30 Light Aerobics	February 19th Neighborhood Council meeting at 7:00pm	10:00 Line Dance

- ◇ *Lunch provided through Greater Springfield Senior Services—Reservation one week in advance.*
- ◇ *Craft group meets at 10:00 am each Tuesday—the knitters are making mittens, hats and scarves for the local school children. Materials are supplied, just stop in and enjoy the company.*

Special Events

February 9, 2009 ~ Health Screening

February 24, 2009 ~ Valentine Luncheon ~ Turkey

Lunches served on February 10th and 24th reservations needed in advance

*****Watch for information about St. Patrick's Day, March 17th**

Mason Square

Director: Gloria Wilson

Open Mon-Fri 8:00 am-4:00 pm - 439 Union Street, Emerson Hall., 733-3917

Hot Lunch served daily at 11:30 am. \$.1.75 Suggested Donation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Coffee & Chat 10:30 Bible Study	9:00 Coffee & Chat 12:00 Bingo !!!	9:00 Coffee & Chat <u>12:30-1 Blood Pressure Screening</u> 1-2:00 Chair / Fitness Aerobics	9:00 Coffee & Chat 3rd Thursday 10:30 am Brown Bag	9:00 Coffee & Chat 10:00 Movie 12:30 Domino's Every Friday
Heart Health Month ~ Pan-American African Valentine's Day Celebration Feb. 13th Black History Celebration Feb. 18th February 26th 11-1:00p.m. <u>Grand Multicultural Celebration</u> sponsored by Dept. of Elder Affairs ~	Wear Red February 2nd, American Museum Trip	Heart Healthy Breakfast Feb 12th	Cooking Feb 4th, 8AM-10AM Sharp ~	RSVP All centers invited to attend at the Good Life Center

Pine Point

Open Mon-Fri 9:00 am-3:00 pm

335 Berkshire Ave, 732-1072

Director: Yolly Nahorniak

Hot Lunch Served Daily from 11:45-12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 Card Playing	9:00 - 10:00 Chair Exercising 10:00 - 12:00 Card Playing 1:00 - 3:00 Bingo	1:00 Card Playing <u>FOOT CARE</u> <u>2nd Wednesdays</u>	9:00 - 10:00 Chair Exercising 1:15 Golden Ages Coffee, Pastries & Bingo <u>Visiting Nurse</u> <u>LAST Thursday of the month</u>	1:00 Arts & Crafts and Quilt Making

Lunches provided through Greater Springfield Senior Services - \$1.75 Suggested Donation

Good Life Center

Open Mon-Fri 8:00 am-4:00 pm - 1600 E.Columbus Ave, 787-6785

Available programs/services

Council on Aging It serves as the primary vehicle for providing information and referral services for seniors in the Springfield area.

Golden Age Club Provides Social/Recreational services to eleven branches across the city.

Senior AIDES Employment Program- Provides useful, meaningful community service employment to eligible low-income, disadvantaged mature workers.

S.H.I.N.E The SHINE Program is Massachusetts' State Health Insurance Program that provides free, one-on-one health insurance information, counseling and assistance to Medicare beneficiaries of all ages.

Senior NET The nonprofit SeniorNet teaches seniors (age 50 plus) to use computers.

**2009 Prescription Advantage
Benefit Changes
Frequently Asked Questions**
Courtesy of the SHINE Program



*The **SHINE** office is located at:*
Good Life Center
1600 E. Columbus Ave
Springfield, MA 01003
Open Monday-Friday 9 am-3 pm
413-750-2893

Q: Why are Prescription Advantage benefits changing?

A: Due to the current nationwide fiscal situation, and its impact on Massachusetts, the Governor found it necessary to reduce the amount of money budgeted for many programs including Prescription Advantage.

Q: How will the reduction in the budget affect benefits?

A: The budget reductions will result in changes to the assistance Prescription Advantage members receive with their co-payments.

Q: Will Prescription Advantage still help to pay my Part D premium?

A: If you received assistance with your Part D premium in 2008 and your membership category has not changed, you will continue to receive assistance in 2009.

Q: When do the changes begin?

A: January 1, 2009

Q: Who is affected by these changes?

A: More than 40 thousand Medicare eligible members in membership categories S2 through S4 are affected by the changes

Q: When will Prescription Advantage start paying for my prescription drugs?

A: Benefits begin when the total retail cost of your covered prescription drugs reaches \$2,700. For members with Part D plans, this is when the "donut hole" is reached. However, coverage for Benzodiazepines (e.g., Ativan, Xanax) begins immediately.

Q: How will Prescription Advantage help me when I reach the "Donut Hole"?

A: You will not pay more than your Prescription Advantage co-payment for each 30-day supply of prescription drugs.

Q: Will Prescription Advantage cover all of my prescription drugs?

A: Prescription Advantage will cover the drugs that are allowed in your drug plan's formulary. In addition, Prescription Advantage will continue to cover benzodiazepines (e.g., Ativan, Xanax) not covered by Medicare.

Q: How will Prescription Advantage know when my drug costs reach \$2,700?

A: Pharmacies (retail and mail order) must bill both your drug plan and Prescription Advantage each time a prescription is filled. Through this billing, Prescription Advantage is able to track the retail cost of your covered medications. It is very important that your pharmacy knows that you are a Prescription Advantage member.

Q: Will Prescription Advantage help to pay for a Medicare drug plan with no deductible?

A: Premium assistance is provided to S2 and S3 members. If you choose an "enhanced" plan or a plan with a premium more than \$31.70, Prescription Advantage will help to pay a portion of the premium. You will also pay a portion of the premium.

Q: If I want to change my drug plan, who can help me find a new Part D plan?

A: SHINE - 1-800-AGE-INFO (1-800-243-4636), press 3 or TTY (toll free) 1-800-872-0166

MassMedline - 1-866-633-1617 - TTY/TDD users should ask the operator to call the MassMedLine toll-free number

Medicare - 1-800-MEDICARE (1-800-633-4227) - TTY (toll free) 1-877-486-2048

Q: Who can I call with questions about my Prescription Advantage benefits?

A: Prescription Advantage Customer Service

1-800-AGE-INFO (Press 2) (1-800-243-4636),

TTY 1-877-610-0241

Customer Service Representatives are available to answer your questions Monday- Friday, 9 AM – 5 PM EST.

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